



Set Your Stage: Strategies for Success

Your behavior and personal dialogue can sabotage good intentions to keep weight under control. Certain “high-risk” situations can trigger you to eat more than you had planned. The more you put into practice the habits that are listed on the right hand column *after* eating the sooner you will “set the stage for success.” You’ll be surprised at how a few simple behavior changes can help you reach and maintain your weight loss goals. You’ll end up feeling more energetic and will feel joy and pride!

After Eating

Instead of ...	Try ...
Feeling terribly guilty for any slip	Recognizing and acknowledging the slip and aim to do better next time
<p>Recognizing slips for what they are—a slip can help you consider better options for next time. Just plan to move on and remember it is about a long term lifestyle change if you want to lose weight and keep it off. Everyone has slips, but how you deal with it is key.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> √ No single food choice has the power to make you fat or slim. You will eliminate your urgency to overeat once you abandon the “good food/bad food” thought pattern that leads to guilt and further overeating. √ Food loses its power when you come to realize it will be there day after day; it becomes less important to have it and the thoughts and feelings of deprivation will become a thing of the past. 	
Instead of ...	Try ...
Concluding that changing is “hopeless”	Thinking “I can learn from slips and recover”
<p>Try to avoid all or nothing thinking – keep a positive outlook and find the support you need and friends with similar interests in physical activity and nutrition.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> √ Practice viewing the cup as half full instead of half empty. Negative thinking can lead to negative feelings about yourself which often leads to overeating. Transforming your negative thoughts into positive ones will help you feel better about yourself and lead to more successes. √ Be realistic in the goals you set for yourself. If you are expecting to lose a large amount of weight in a short time or are vowing to eliminate all your favorite foods, you’re setting yourself up for failure. Take baby steps and the transition will be less stressful and ultimately more rewarding. 	
Instead of ...	Try ...

Only realizing slips and not successes	Recognizing both slips and successes
<p>Recognize the times you stay on your plan and compliment yourself. Plan to focus on the positive and reward yourself regularly. Be optimistic!!!</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> ✓ Keep a journal documenting successes and the benefits you felt from changing your lifestyle. You can look back at this journal in the future for motivation and encouragement. ✓ Avoid beating yourself up if you don't meet all your expectations. Not everything will go exactly as you plan but that's okay. Striving for perfection may set you up for failure. 	
Instead of ...	Try ...
Not building in a reward plan	Building in a reward plan
<p>Reward yourself on a regular basis for successes – weight and behavioral successes. Examples of rewards include a monthly massage, a new book, a bubble bath, etc. Only give yourself a reward if you do accomplish that goal – be honest with yourself!</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> ✓ Although non-food rewards are preferable, sometimes allowing an indulgence can keep you from fearing the foods you desire. For example, allow yourself one chocolate truffle and enjoy it to the utmost. Sometimes denying yourself the one thing you want can lead to eating more calories somewhere else. ✓ A reward system helps you honor your progress in increments and helps keep you motivated and on track. 	
Instead of ...	Try ...
Thinking of how wonderful high calorie food tasted	Thinking of how wonderful low calorie food tasted
<p>Think of taste together with healthfulness of food. There are so many healthy meals that taste terrific.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> ✓ Find flavors that you like such as garlic, onion, soy sauce, sesame and olive oil, spices and seasonings, low fat marinades. ✓ Keep in mind that you learned your current eating habits and any habit can be changed. ✓ Avoid the misconception that healthy food is distasteful food. Keep an open mind and you'll be pleasantly surprised! 	
Instead of ...	Try ...
Avoiding considering the health penalty for high fat food	Considering the health penalty for high fat food
<p>Remind yourself of the benefits healthy food gives to your body and how it can help you in the long term – possibly preventing cardiac disease, diabetes, hypertension and so much more!</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> ✓ Eating better and taking care of yourself will help you feel, look and think better. ✓ Avoid thinking “I’m going to eat what I want and die happy” because many people with poor eating 	

and lifestyle habits end up living with the complications of lifestyle-related diseases. This can greatly hinder the quality of their lives.	
Instead of ...	Try ...
Ignoring progress	Acknowledging progress
<p>Not gaining weight can be progress, just as losing weight! Acknowledge the positive health behaviors you've mastered.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> ✓ Progress can still be occurring even if your weight temporarily stabilizes; increased strength, activity, and mood – is also proof of progress. ✓ If you experience a plateau, you could still be reducing body fat. Body composition can be changing even if the scale is not reflecting a weight loss. 	
Instead of ...	Try ...
Weighing self everyday	Weighing self once a week
<p>Look at trends vs. each individual weight. Graph progress and weigh weekly. Weighing yourself daily can be destructive due to emotional eating, etc. It is best to have one day per week at the same time and the same scale to check weight.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> ✓ Instead of relying on the scale to be your gauge, note how your clothes are fitting or tape yourself... You could be losing fat, gaining muscle and losing inches – all of which is progress towards your goal. ✓ It is normal for daily fluid fluctuations to occur in the body but this can cause frustration if you weigh yourself too often. ✓ Take a measurement of your waist with a tape measure once a week before eat breakfast. 	

YOU CAN DO IT! Shape Your Future...your Weigh!™